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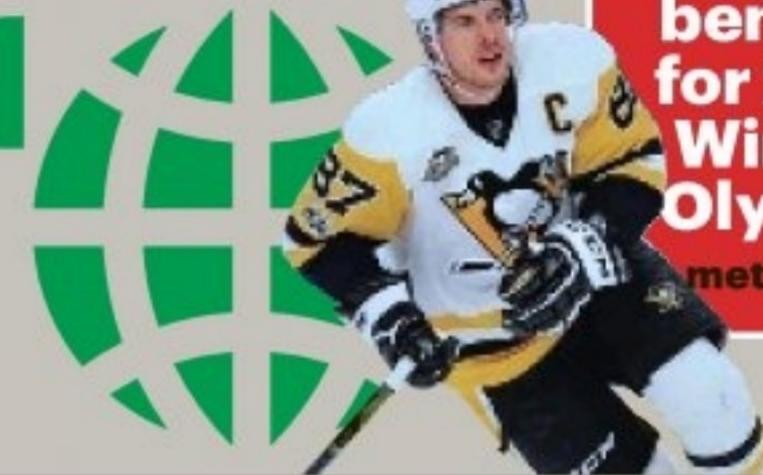


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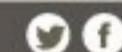


**NHLers
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for 2018
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metroSPORTS

Your essential daily news | TUESDAY, APRIL 4, 2017

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Hoser.

DEFINITION: The term hoser refers to the type of Canadian young men who wear toques and flannel shirts while drinking beer and conducting inane conversations.

New online dictionary updates Canadianisms — like this one popularized in Alberta — for the modern era

metroNEWS

Gay-straight alliance splits Wildrose, PCs

ALBERTA SCHOOLS

Telling parents if students join GSAs at heart of conservative rift

Alberta's two conservative parties, working on a deal to join forces, are at odds when it comes to social clubs for gay students in schools.

Wildrose Leader Brian Jean says he disagrees with Progressive Conservative Leader Jason Kenney.

Kenney says schools, in some circumstances, should tell parents when their child joins a gay-straight alliance, also known as a GSA.

But Jean says parents are already notified if sexuality issues are taught in the curriculum, but says a gay-straight alliance should be left as a peer group for students.

"It's much like a math club or a prayer club, and I don't think that would be appropriate (for parents to be told when a child joins)," Jean said Monday.

His comments came as NDP members heckled and criticized and shouted "Shame!" at the PCs in the house Monday over Kenney's stance.

It's also an issue that has gone around the globe, with international singing star Boy George calling out Kenney's viewpoint on Twitter.

"Gay obsessed straight people, #creepy" the United Kingdom performer tweeted out to his 435,000 followers over the weekend. In a second tweet, he wrote "Surely his move cannot be constitutional or lawful. It's certainly not moral or helpful."

Kenney did not respond to a request for an interview but spokesman Blaise Boehmer, in a statement, reiterated that Kenney does not want schools outing students. THE CANADIAN PRESS



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Calgary DIGEST

Transit union wants proof of cost savings

The Amalgamated Transit Union is calling on the City of Calgary to prove that outsourcing approximately 80 jobs will save city coffers \$9.2 million.

In a release issued Monday, the ATU stated their disappointment that Coun. Ward Sutherland called their campaign to save the jobs disingenuous.

"Instead of sharing with us the details behind the decision, including the due diligence surrounding the need for the level of service to remain high, and for all costs associated with the move to be considered over the long-term they have publicly chastised our efforts," read the release.

HELEN PIKE/METRO

Couple sought for stealing puppies and assault

Police are looking for a man and woman who allegedly stole five puppies and assaulted the owner who chased after them on Sunday.

The owner tried to open the door on the suspect vehicle at an intersection but the vehicle took off, dragging the woman about nine metres before hitting her.

THE CANADIAN PRESS

TNC wants call-in service to be safer

TRANSPORTATION

City maintains safety is top of mind with current model



Helen Pike

Metro | Calgary

One of Calgary's Transportation Network Companies believes with a few tweaks, it could become safer for customers.

This comes weeks after a woman, who stepped into what she thought was a TNC car, was allegedly sexually assaulted at her doorstep by a man police say was posing as a ride share driver.

Ride Please is lobbying the city to offer their services not just through an app — but over the phone, too, like Tapp Car does in Edmonton. They believe offering telephone services can help customers, especially those without cellphone access, grab a safe ride home after a night out.

"All of our proposal that we put together that administra-



Ride Please wants the city to allow them to use call-in service for safety. COURTESY RIDE PLEASE

tion turned down just goes to show how much we actually care about the safety," said Ginger Greenwood, general manager, The Driving Alternative Inc. "I'm quite baffled."

In their market research, Greenwood said the public are asking for a call-in service when it comes to rideshare services. And she's mandating her drivers to have ID badges and other safety measures like cameras not seen in the Calgary ride-share model.

But Chief Livery Inspector

Abdul Rafih with the city said it's unclear how adding a phone line to TNC services will improve safety — and it's too early on in the new bylaw to make drastic changes, or add more pilots.

"It would be a bit odd if we went back to council and said 'Let's give this company another pilot while we're in the midst of a TNC pilot,'" Rafih said. "I don't see how calling into a service would enhance public safety."

He said any consideration

for additional tweaks would need to wait until the bylaw has been in place for at least a year.

Approved in 2016, there have already been several tweaks in the bylaw.

Rafih said both the Taxi and TNC models have safety top of mind because the bylaw has strict rules on public safety. And if companies want to add cameras and tablets they can place — especially if they are accepting cash a camera is mandatory for TNCs.

REGISTRATION

Census system back up

Technical difficulties aside the city's census and voter registration system is back up and running.

On Saturday, the city's first online voter registration run went awry when a glitch allowed people to submit their census information, but brought up an error code when users tried to submit their voter registration.

"The glitch was a little bit unusual," said Paul Denys. "For an unknown reason the code was not verifying the voter registration component."

It may have affected 3,000 people. According to Denys they've all contacted the office and are now being entered into the registration system manually by city staff.

After restarting the system the glitch fixed itself.

"We're monitoring it very closely to ensure both pieces of the information being submitted are in fact going through," Denys said.

Denys said it's a lot of work, but the information is important and the city will do its due diligence to make sure that data comes through.

Any issues with the system should be called in to 403-476-4100 option 3 or emailed to census@calgary.ca. HELEN PIKE/METRO

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Main Streets changes off to council for approval

DEVELOPMENT

17 Avenue one of three corridors set for projects

Brodie Thomas
Metro | Calgary

You won't see a difference overnight, but the first changes brought about by the city's Main Streets Initiative are heading for council approval on Monday.

Ron Goodfellow, director of planning for the Shaganappi Community Association, was heavily involved in the process for 17 Avenue SW.

He said his association tried to take a positive view of development, and there was a general agreement that the section of 17 Avenue between Crowchild Trail and 37 Street SW could use some revitalization when talk of Main Streets started.

"It's really getting tired," he said. "Some of the businesses along there are not doing particularly well, and the sidewalks are undersized. It's getting dangerous to cross in places."

The city held ongoing consultations with people and business owners in the community to come up with new land use zoning to bolster denser residential and commercial use along 17 Avenue SW. That re-zoning is what council will consider Monday.

Some pockets of density will be added to the blocks off 17 Avenue, while many blocks directly off the main drag will get new mixed-use designation.

ZONING

- Changes to zoning for parts of 37 Street SW, 17 Avenue SW and parts of Bowness Road NW in Montgomery are set for final approval Monday.

- Calgary has named 24 main streets throughout the city. To see details, go to calgary.ca/mainstreets

which encourages both commercial and denser residential development.

Goodfellow said his association understands the city is looking to increase density, and they tried to leverage that.

"We're looking for some trade-offs," he said. "We expect that some money will be flowing towards 17 Avenue to get better crossings, street trees, wider sidewalks."

Desmond Bliek, a city planner working on the Main Streets Initiative, said although sidewalks will take separate approval from council, there are plans in the works.

"We have secured permission and funding for some of the design work for that," he said.

Coun. Evan Woolley said improved sidewalks will be part of the equation that draws developers to build on the rezoned land.

While it means change in communities to some extent, everyone sees the positive benefits from smarter planning.

"We've been able to say as the communities take on this density, there are things that come with it — streetscape work, better traffic control and remediation work," he said.



The stretch of 17 Avenue SW between Crowchild Trail and 37 Street SW will be one of the first areas to get zoning changes and upgrades through the Main Streets Initiative. BRODIE THOMAS/METRO

COURT

Drunk pilot gets 8 months

An airline pilot who was so drunk he appeared to pass out in the cockpit before takeoff has been sentenced to eight months in jail.

Miroslav Gronych, 37, pleaded guilty last month to having care and control of an aircraft while he had a blood alcohol level that was three times the legal limit.

Judge Anne Brown banned him from flying for one year after his release. She noted Gronych has been in treatment for alcoholism, has abstained from drinking since the event and has been "thoroughly shamed."

The judge took into account time Gronych has already spent in custody, reducing his sentence to slightly more than seven months. He will also have to pay a \$100 victim fine surcharge.

Gronych was escorted off a Sunwing Airlines plane in Calgary on Dec. 31 that was supposed to fly to Regina and Winnipeg before continuing to Cancun, Mexico. Court heard that when Gronych got on the plane, he struggled to hang up his coat, was slurring his words and was staggering.

The court was also told the co-pilot suggested Gronych should leave the plane, but he eventually returned to the cockpit, sat down and appeared to pass out with his face resting on the window.

The defence had asked for a three- to six-month sentence while the Crown asked the judge to give Gronych one year in jail.

Members of a flight crew are prohibited under Canadian aviation regulations from working within eight hours of consuming alcohol or while under the influence of alcohol.

Sunwing has said it has a zero tolerance policy on crew members consuming alcohol within 12 hours of going on duty.

THE CANADIAN PRESS



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Redford cleared in tobacco suit probe

ETHICS

No conflict in ex-premier's choice of firms: Investigator

Another investigation has cleared former Alberta premier Alison Redford of wrongdoing on how she selected a law firm to sue tobacco companies on behalf of the province.

Redford was Alberta's justice minister in 2010 when she chose a consortium of law firms that included a company that employed her former husband.

The \$10-billion lawsuit is to recover smoking-related health-care costs.

An investigation in 2013 cleared Redford, but a second probe found the first review did not have access to all of the relevant documents.

Alberta's ethics commissioner then asked her counterpart in British Columbia to investigate to determine if there should another investigation.

In a report released Monday, Paul Fraser, B.C.'s acting ethics commissioner, says Redford did not break Alberta's Conflict of Interest Act.

"I have found on a balance of probabilities that Ms. Redford did not improperly further another person's private interest in mak-



Alison Redford. CP

ing her decision and, therefore, did not breach the Conflicts of

Interest Act," the report says.

The report says Redford selected a consortium known as International Tobacco Recovery Lawyers (ITRL) to represent Alberta and that her former husband, Robert Hawkes, was a partner in one of the firms.

ITRL was selected out of three consortium applicants to handle the lawsuit.

Fraser says he focused on whether Redford's decision furthered Hawkes' private interest.

"In making the choice of counsel in the tobacco litigation, she used sensible and principled reasoning, based on cogent information she received in the briefing note from government officials and that she had collected in the course of her active tenure as Minister of Justice and Attorney General," the report says.

The consortium remains in charge of the lawsuit.

THE CANADIAN PRESS

CONTROVERSY

Theatre nixes Red Pill then reverses decision

Autumn Fox
For Metro | Calgary

Calgary's on-again-off-again relationship with The Red Pill continues as the Plaza Theatre opted to cancel its screening of the controversial film — and then reversed the decision a day later.

A statement issued on the Plaza Theatre's Facebook page was posted on Sunday, simply stating that the screening was being cancelled and they would be returning to their usual programming on the evening of Tuesday, April 4.

Logan Cameron, manager at the theatre, said he was not involved with the decision, but said the theatre had received threats of boycott should they run the film.

"I don't think we really knew the breadth of people's emotions around the film."

Supporters of the film claimed the Plaza was promoting censorship, and posted one-star reviews of the theatre.

Those against praised the Plaza, stating the film promoted misogyny and violence towards women — and post-

ed five-star reviews of the theatre.

Monique Dietvorst of the Canadian Association for Equality said the ticketing site had been victim of an April Fools' joke when users with names like "Neckbeard Snowflake" reserved the maximum number of tickets — presumably in an effort to prevent anyone from attending the screening at all.

Andrea Llewellyn had written the Plaza to request they pull the film from their lineup.

Llewellyn admitted she hadn't seen the film, but said it "is such a toxic film that it's just really inappropriate to be providing a platform for it at all."

By Monday afternoon, Fathers Rights Alberta announced the Plaza would be hosting the screening as scheduled.

The Plaza has not confirmed this, but has removed the original cancellation post from Facebook.

Cameron had not yet been made aware of the reverse decision, but said, "All you have to do is walk into the washrooms and see that the Plaza Theatre has throughout the years shown many, many controversial films."

I don't think we really knew the breadth of people's emotions.

Logan Cameron

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FEDERAL GOVERNMENT

Tories lead byelections

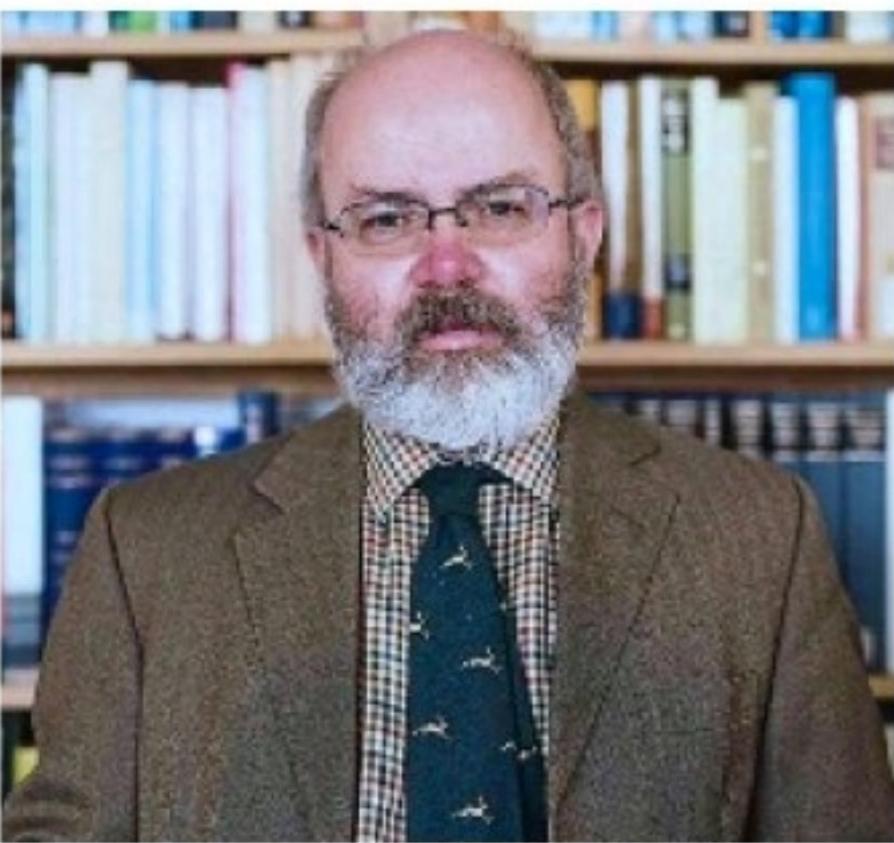
Voters in federal byelections in Ontario, Quebec and Alberta appear to be sticking to the script, giving Conservatives leads in Calgary and backing the Liberals in Montreal, Ottawa and Markham.

In the Alberta ridings of Calgary Heritage and Calgary Midnapore, formerly held by Stephen Harper and Jason Ken-

ney, respectively, the dominance of the Conservatives was unmistakable.

In Heritage, Bob Benzen was leading with 67.7 per cent, trailed by the Liberals' Scott Forsyth at 23.9 per cent, while in Midnapore, Stephanie Kusie was running away with the vote at 78 per cent.

THE CANADIAN PRESS



John Considine, a professor at the University of Alberta, wrote the foreword to the new edition of the Dictionary of Canadianisms on Historical Principles. KEVIN TUONG/FOR METRO

New guide to Canuck talk

CANADIANISMS

Dictionary first published for Centennial in 1967

Alex Boyd
Metro | Edmonton

One of the most comprehensive guides to Canadianisms has been updated — and expanded — for the first time in half a century.

After over a decade of work, a team of researchers led by professor Stefan Dollinger at the University of British Columbia has debuted an updated, online version of the Dictionary of Canadianisms on Historical Principles, a comprehensive rundown of Canuck-talk first published to mark the Centennial in 1967.

John Considine, an English professor at the University of Alberta, wrote the foreword to the new edition, after being present at what he calls the “birth” of the project over a decade ago.

He was a member of a panel in 2005 that discussed the possibility of an update.

The second version is online and, by design, reflects the way Canadians speak now. “I think that it was natural for the first edition of the dictionary, back in 1967, to reach back through Canadian history — to have a lot of words from the fur trade, for example,” he said.

But fur trappers are few and far between in 2017, so the new version instead tackles

ALBERTA-ISMS

Words that have a local connection.

Hoser: The type of Canadian young men who wear toques and flannel shirts while drinking beer and conducting inane conversations.

Explanation: The first reference to the dictionary has it by Rick Moranis and Dave Thomas, who coined it in Edmonton during the comedy television skit Great White North, which first aired on Second City TV (SCTV) in 1981.

Parking stall: A single parking space in a lot. Explanation: The term is “specifically favoured” in Alberta, where it used far more frequently than anywhere else in the country.

ALEX BOYD/METRO

things that concern modern Canadians, he said — like trying to find a place to stash your car.

“I think that the dictionary is very good at picking up on things as mundane as parking your car, something that Canadians talk about differently from other anglophones, or even that Albertans talk about differently from other Canadians,” he said, pointing to the local popularity of words like ‘parkade’ and ‘parking stall.’

The project is of personal interest to the England-raised Considine, who came to Canada “after all my habits were fixed,” and said he’s still discovering new words.

POLITICS

From lawyers to leadership candidates

Alberta Liberals have approved two Calgary lawyers to seek the party leadership in a campaign that is expected to focus on a city that has been more badly hit by the economic downturn than other parts of the province.

David Khan is a former vice-president of the party and ran for the party in a byelection and in the last provincial vote.

Kerry Cundal works for the federal Immigration Department and ran for the federal Liberals in 2015.

Liberal president Karen Sevcik said the hope is the campaign will attract new people to the party who are unhappy after voting NDP in the last provincial election and disaffected Progressive Conservatives who are leery of new leader Jason Kenney.

“It looks like Calgary is the most volatile. It is really where the NDs won’t do well next time. That is where the opportunity is for us to pick up seats,” she said Monday.

“There is a real opportunity

with the election of Jason Kenney. There is a bunch of people who have been left homeless. This is a chance for us to take advantage of that and reach out to those people.”

Sevcik said recent polls suggest the NDP remains strong in Edmonton and the Liberals haven’t fared well historically in rural areas.

The first campaign debate is set for Saturday in Calgary.

The new leader is to be announced at the party’s annual

general meeting in Calgary on June 4 following a provincewide online vote the previous week.

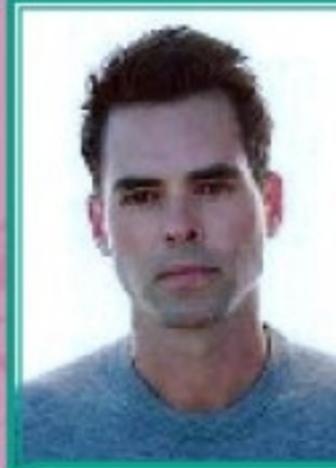
Khan said the race will come down to which candidate can best help the party grow beyond its base by attracting people who aren’t right or left wing.

“Most Albertans aren’t NDP left or whatever amalgam social-conservative right party comes out of this unite-the-right process,” Khan said.

“I want to make a difference,” he said. THE CANADIAN PRESS

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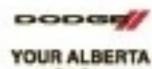
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Charity's campaign to help those facing famine

Gilbert Ngabo
Metro | Toronto

A community effort is underway in Toronto to bring some relief to people facing famine in East Africa.

Following last week's Metro series chronicling food shortage in four countries already under the United Nation famine watch, one charity is springing into action.

The International Development and Relief Foundation (IDRF) is launching a campaign for emergency assistance to people in Kenya, Somalia, South Sudan and Ethiopia.

In varying degrees, the four countries have endured three years of drought conditions that devastated crops and livestock, leaving millions of residents at the brink of starvation. But the crisis has largely been



Members of the International Development and Relief Foundation, which is launching a campaign for emergency assistance to people in East Africa. EDUARDO LIMA/METRO

overlooked, said IDRF chair Zeib Jeeva.

"We have so many kids that are possibly going to die because aid is not coming," he

said. "It's very sad that there isn't much attention about this dire situation. We feel it's our duty to help."

The UN has warned that over

20 million people in Yemen, Somalia, South Sudan and northern Nigeria could soon face a full-blown famine if a \$4.4-billion relief fund is not

We have so many kids that are possibly going to die because aid is not coming.

Zeib Jeeva

provided by July. Ethiopia and Kenya are not on the UN watch, but the two countries are in the same predicament of a looming crisis in East Africa, according to IDRF.

As part of the campaign, the charity will partner with organizations on the ground to provide meals to people in need — many of whom have been internally displaced and live in temporary camps.

Jeeva said it is important to provide immediate emergency relief to those facing starvation, but the greater emphasis must be on long-term stability and sustainability of affected communities.

"We can't just be there when the situation is in the media and forget people afterwards," he said.

Canada digest

HEROISM

Malala to become honorary citizen

Nobel Peace Prize winner Malala Yousafzai will receive her honorary Canadian citizenship in Ottawa next week. Prime Minister Justin Trudeau's office says the presentation will take place April 12, when the 19-year-old Pakistani woman will also address Parliament.



Malala Yousafzai

MANITOBA

Tina Fontaine's sister reported missing

The sister of a Manitoba teen who became one of the poster children for the issue of missing and murdered indigenous women is now missing herself.

Sarah Fontaine, 16, has lost a father, a sister and a cousin in recent years. She is the younger sister of Tina Fontaine, the 15-year-old whose body was found wrapped in a bag in the Red River on Aug. 17, 2014.

THE CANADIAN PRESS

NOTICE OF ANNUAL GENERAL MEETING

Notice is hereby given that United Way of Calgary and Area's Annual General Meeting (AGM) will be held:

Wednesday, April 26, 2017
7:30 AM to 8:30 AM

U of C Downtown Campus Event Centre
906 8th Avenue SW, Calgary, Alberta

The formal component of the meeting will include the presentation of audited financial statements, election of directors and other business as may properly come before the meeting.

A copy of the 2016 AGM minutes and 2016 audited financials may be viewed online at www.calgaryunitedway.org or obtained from the Office of the President, United Way of Calgary and Area, Suite 600, 105 12 Avenue SE, Calgary, AB, T2G 1A1.

To attend, please RSVP
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Endangered

What's really at risk is transparency, the truth and fair treatment of Calgary Zoo employees.

The zoo has proudly announced they have entered into an agreement with the Animal Care Centre of Strathmore.

What they haven't announced is that this agreement means they are outsourcing the jobs of current, well-trained Animal Health Technicians to a veterinary practice that will need to hire and train people to care for exotic animals to replace skilled employees — some with decades of experience.

What's more, they haven't disclosed any of the financial details or reasons around this move.

Let's not have facts and best practices fall prey to hidden agendas.



Blast shreds subway station

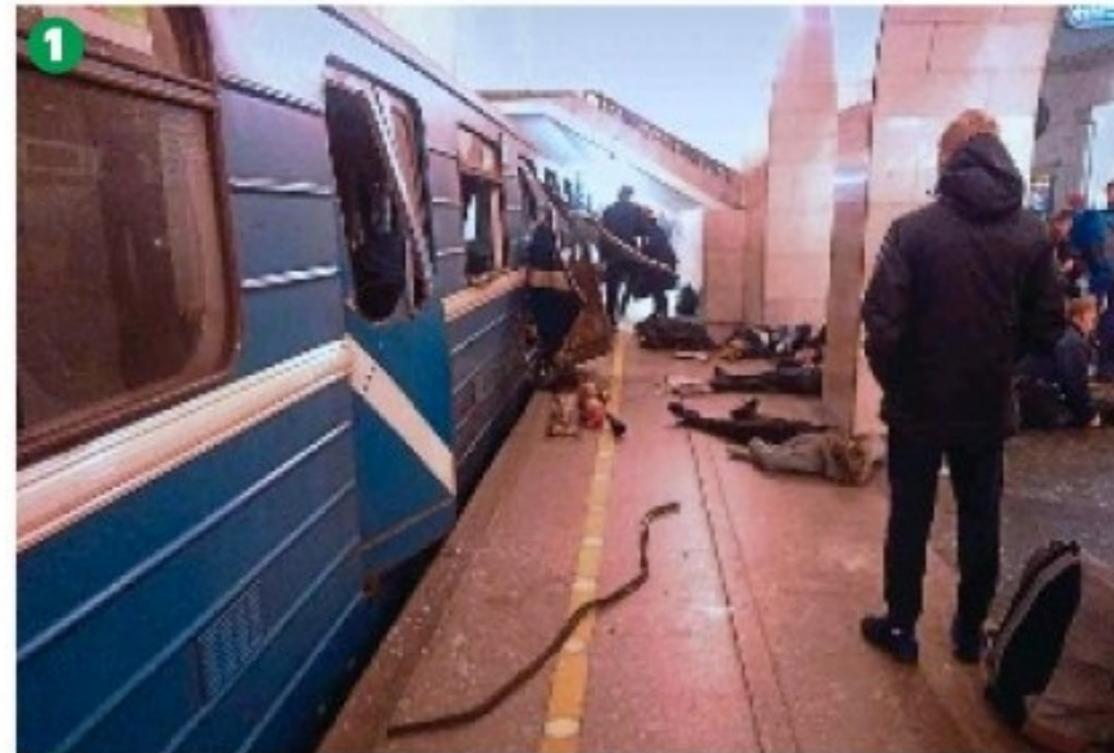
ST. PETERSBURG, RUSSIA

11 people dead, 45 being treated in hospitals

A bomb blast tore through a subway train deep under Russia's second-largest city Monday, killing 11 people and wounding more than 40 in a chaotic scene that left victims sprawled on a smoky platform. Hours later, anguish and fear rose again when police found and defused a shrapnel-packed explosive device at another St. Petersburg station.

There was no immediate claim of responsibility for the attack, which came while President Vladimir Putin was visiting the city, his hometown. In the past two decades, Russian trains and planes have been frequent targets of terrorism, usually blamed on Islamic militants.

News reports initially said police were searching for two suspects, and Russian state television showed a photo of one suspect wearing what appeared to be a skullcap characteristic of Russia's Muslim regions. How-



1 Blast victims lie near a subway train hit by a explosion at the Tekhnologichesky Institut subway station in St. Petersburg, Russia on Monday.
2 Russian President Vladimir Putin places flowers in memory of victims of the blast in the Saint Petersburg station. THE ASSOCIATED PRESS

ever, the Interfax news agency later cited unspecified sources as saying police now suspect the blast was the work of a suicide bomber linked to radical Islamists.

The National Anti-Terrorism Committee said it was looking for the "perpetrators and organizers of the terror attack."

St. Petersburg, a major tourist

destination famed for its imperial palaces and lavish art museums, had been spared previous attacks.

"From now on, I will be scared to take the subway," said Marina Ilyina, 30, who brought flowers to the station where the train stopped after the bombing. "We in St. Petersburg thought we wouldn't be touched by that."

The explosion occurred in



From now on, I will be scared to take the subway.

Marina Ilyina

midafternoon as the train travelled between stations on one of the city's north-south lines.

The driver chose to continue on to the next stop, Technological Institute, a decision praised

Committee said the death toll was 11, with another 45 people being treated for wounds in hospitals.

Amateur video broadcast by Russian TV showed people lying on the platform of the Technological Institute station, and others bleeding and weeping just after the damaged train pulled in. THE ASSOCIATED PRESS

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Desperate search for loved ones

COLOMBIA

At least 43 children have died in flood, says president

Jose Albeiro Vargas last saw his grandson the night fierce rain unleashed havoc on this small city surrounded by rivers and mountains in southern

Colombia.

From what Vargas has been able to gather, the torrents of mud, water and debris unleashed on the city of Mocoa by the rain-swollen river swept away his daughter and her 18-month-old grandson, Jadir Estiven. Ever since, he has been searching for them without success.

"They were hit by the strongest avalanche," Vargas, so exhausted he could barely speak or open his eyes, said Sunday.

He is far from the only person in Mocoa searching desperately for young loved ones. At least 43 children were among the confirmed dead from the devastating flood, according to President Juan Manuel Santos. The national disaster management agency said Monday that the official death toll had increased to 262.

The young may have been particularly vulnerable in this disaster because nearly all were

in bed when the floods surged through the city of 40,000 Friday night and early Saturday.

Maria Cordoba, 52, said two nephews, ages 6 and 11, were killed when their house was destroyed. "The mother as well was totally beaten up" but managed to save her 18-month-old.

The death toll from the flood, one of the worst natural disasters to strike the country in years, was expected to rise as many people were injured or

remained unaccounted for. The deluge smashed houses, tore trees out by the roots and washed cars and trucks away. Search-and-rescue teams combed through debris and helped those clawing at mounds of mud by hand.

Dozens stood in the door of a hospital, hoping for news of those not on the list of those confirmed dead or injured. Others frantically knocked on relatives' doors, hoping to find someone



A wounded young girl waits for medical help in Mocoa, Colombia. GETTY IMAGES

with information about their loved ones. THE ASSOCIATED PRESS

BREXIT

Britain talks war over control of Gibraltar

Less than a week after asking for a divorce from the European Union, Britain is talking war.

The dispute over Gibraltar is a conflict of words, not weapons — a matter of belligerent headlines in Britain and bemusement in Spain. But it's a sign of how rough the road ahead could be as the U.K. extricates itself from the 28-nation bloc.

The rocky 6.7 square-kilometre enclave at the tip of the Iberian peninsula has been a British territory since 1713.

The latest spat was sparked by draft Brexit negotiating

guidelines drawn up by the EU, which said no future agreement between Britain and the bloc would apply to Gibraltar unless both the U.K. and Spain agreed.

Officials in Gibraltar accused Spain of using Brexit to force negotiations on the status of Gibraltar, against the wishes of the 32,000 Gibraltarians, who want to remain British.

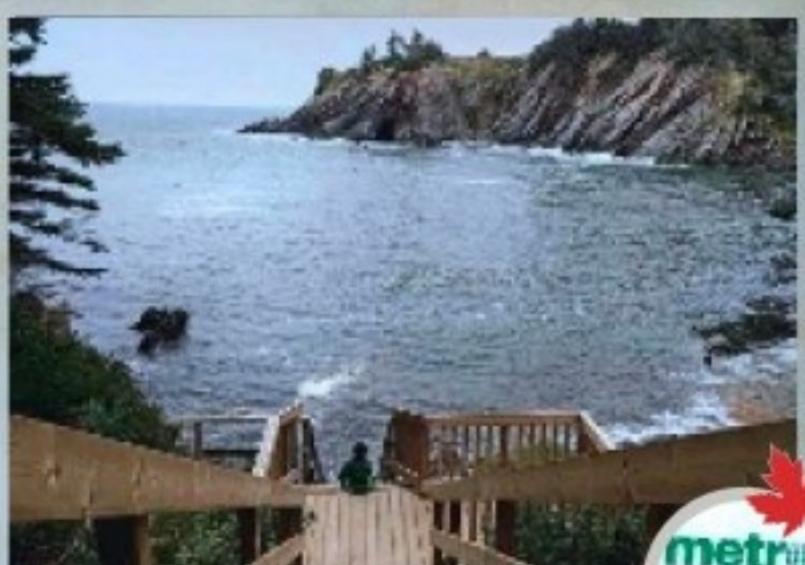
Former Conservative Party leader Michael Howard said Prime Minister Theresa May would defend Gibraltar as Margaret Thatcher did the Falkland Islands.

THE ASSOCIATED PRESS

150 WAYS of looking at Canada

POSTCARD NO. 63

SMUGGLERS COVE, N.S.



EACH TIME WE VISIT GRANDMA WE WALK DOWN TO SMUGGLERS COVE IN NOVA SCOTIA. MY SON MAKES UP STORIES ABOUT HOW THE PIRATES GOT INTO THE CAVES. THE SLOW WAVES ALWAYS CALM US. **GINA COMEAU**

SEND US YOUR POSTCARD

Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at scene@metronews.ca or post to Instagram or Twitter with the hashtag #150postcards.

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HEALTH CARE AIDE

**SURROUND
YOURSELF
WITH PEOPLE
WHO BELIEVE
IN YOUR
DREAMS**

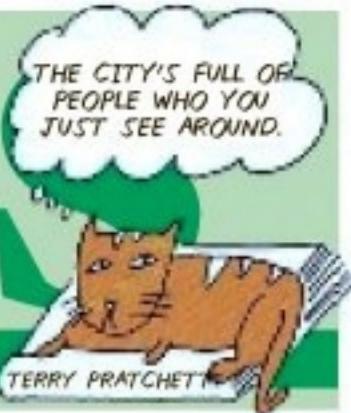
- GOVERNMENT OF ALBERTA HEALTH CARE AIDE
- RED CROSS [FIRST AID, CPR, AUTOMATED EXTERNAL DEFIBRILLATOR]
- SUPPORTIVE PATHWAYS, FOOT CARE, DIABETES, MEDICATION ADMINISTRATION, FOOD SAFE, WHMIS, PALLIATIVE CARE
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TERRY PRATCHETT

BLUEPRINT by Jamie Bradburn For Metro

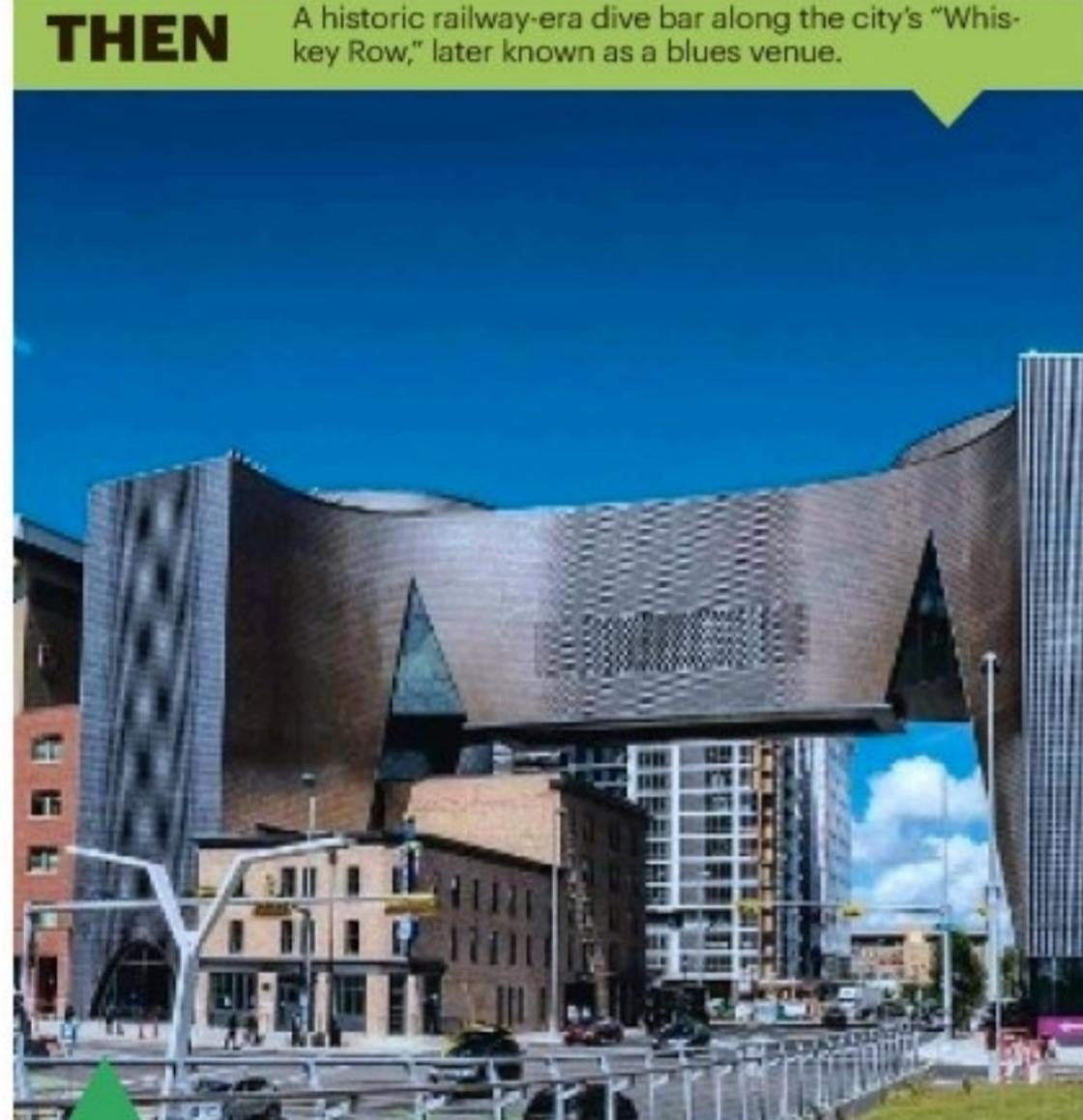
Old buildings hosting new ideas

Sometimes buildings outlive their original purpose, but it doesn't spell their end. Canadian cities are filled with historic structures that found second lives. From museums to supermarkets, these sites provide innovative new uses that respect each building's past. They show that with creativity, a heritage designation isn't an obstacle to building a great city. **Some highlights across the country:**

King Edward Hotel, Calgary

THEN

A historic railway-era dive bar along the city's "Whiskey Row," later known as a blues venue.



CONTRIBUTED

NOW

Disassembled, then rebuilt brick-by-brick, the site celebrates Canada's musical past and present with the National Music Centre and Studio Bell.

WORD ON THE STREET by Luke Simcoe For Metro

More cities need to open the doors and let the hackers in



When I walk into Civic Tech's Toronto meetup, I'm greeted by coders, data geeks and policy wonks.

In one corner, volunteers work to make the city's budget process more transparent. In another, a gang of "guerilla archivists" are saving climate change data from the clutches of Trump's administration.

It's an uplifting scene that plays out across Canada, including BetaCity YEG in Edmonton, Civic Tech London and YOW Civic Tech in

Ottawa.

As Canadian cities strive to get "smarter" — to better use data and technology to address the challenges they're facing and improve the services they deliver — this growing civic tech movement can lend a hand.

By applying strategies still alien to government, like agile development and design thinking, civic tech groups are building tools to address city issues faster, and often cheaper, than municipalities are used to.

Imagine the possibilities if local governments embraced and supported these mostly volunteer groups.

Some cities are catching on. But more should adopt the International Open Data Charter like Edmonton has, or launch a Civic Innovation Office like Toronto, or give startups a chance to solve municipal challenges. In Guelph, Ont., a new "civic accelerator" has already helped save five million litres of water by bringing in water monitoring experts.

The result? A more environmentally-conscious and affordable city.

If Canadian cities want to be smart, they should foster these groups, partner with them, and build tech solutions that start with the community.

After all, technology is only as good as the people who build it.

Luke Simcoe works for Urban+Digital, a non-profit focused on how governments use technology.

PUBLIC WORKS The week in urbanism



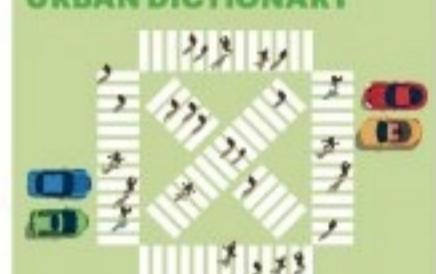
SHIP SHAPE

A Seattle doughnut shop turned a 7.3-metre wooden boat into the city's newest public space. The Endurance is anchored in land outside Mighty-O Donuts, inviting people to sit on cedar benches, and feel a bit nautical.

GREENTOWN, USA

A community in Florida bill itself as the most sustainable town in America. Babcock Ranch promises to be walkable and bikable, with charging stations for electric cars, and monthly energy bills under \$90 per household.

URBAN DICTIONARY



DEFINITION

A Barnes Dance is an intersection where cars stop in all directions to allow pedestrians to cross diagonally. Named for former New York City traffic commissioner Henry Barnes, it is frequently called a pedestrian scramble or diagonal crossing.

USE IT IN A SENTENCE

Chad was confused that the **Barnes Dance** had nothing to do with country music.

CITY CHAMP

Stephanie Allen is a Vancouver-based planning researcher and real estate worker. Her graduate studies at Simon Fraser University focus on incorporating historically marginalized voices in city building.
@BuiltJustice





How I fell for a psychopath

RELATIONSHIPS

Online forums helping victims realize that it's time to get out

Though the lies started right away, it wasn't until much later that Sandra realized how badly she'd been conned.

They met at a mutual friend's birthday in 2012. She mentioned she was taking a woodworking class; he was considering the same one. "He started with the 'me too'-ing and it felt like we had so much in common," says Sandra*, who is now 35 and lives in Toronto.

Soon followed a phase of what she calls "love-bombing," where it seemed she'd met her perfect match. There were unbelievable, magical coincidences: he "just knew" when she couldn't sleep, calling late at night. She'd fantasized about a dream date with a scavenger hunt in a library using books as clues. She couldn't believe when he made it happen.

"It felt like it naturally unfolded," she says. "I was like, 'This is my soulmate.'"

By the time he started to drift away just a few weeks later, Sandra was hooked. The pattern, she would later discover, is common and linked to psychopathic traits. While pop culture suggests psychopaths are cold-blooded killers, there's a growing awareness of the damage the subtler variety can inflict on others.

According to victims, it starts with idealization, which could in-



When you're given your dream, you don't want to question it. It felt like I was high all the time.
Sandra, who found herself in a relationship with a psychopath

clude personality mirroring and over-the-top affection. Then follows devaluation, lies, infidelity and poking at insecurities; then an eventual discarding, replacing one unwitting victim for another.

Countless people say they've experienced something similar, sharing their stories in online forums such as Psychopath-Free.com, Aftermath: Surviving Psychopathy and LoveFraud.com. These have become support networks for people who believe they've been caught up with a psychopath — someone who is unable to experience love or empathy, who is charming but insincere, lacking in remorse and pathologically egocentric.

About 1 per cent of the population may fit the criteria.

The forums are a source of data for academics, providing some of the only research on the potentially devastating impact.

"These are not people who are axe-murderers, but they are sort of torturing somebody. That emotional manipulation is not what normal human beings engage in. Usually we have a degree of empathy," says Toronto therapist Sheila Willson, who counsels victims of these toxic partners.

"It's enraging, distressing, traumatizing and causes so much self-doubt."

About a year into her relationship, Sandra found herself

Googling the warning signs and came across one such forum.

Charm, lies and manipulations. Having to explain obvious human emotions to him. His crushing boredom, leading to recklessness. Check, check and check. Sandra's boyfriend disappeared three times, ditched countless jobs and moved several times over the next two and a half years. She is now convinced he had taken up with other women, piecing together clues from Facebook and elsewhere.

Get out, her online friends advised. Break off all contact.

Sandra eventually accepted she'd been duped. He never signed up for that woodwork-

ing class. She now thinks he'd been driving past her apartment at 2 a.m., checking to see if the lights were on; that he'd found a long-forgotten blog post about the library date.

It can be chilling to identify psychopathic traits in a boss, partner or — these days — political leader. Recent headlines have mused whether Donald Trump is a psychopath, sociopath or narcissist. The shared trait is callousness, an innate indifference to others.

A narcissist shares overlapping characteristics with a psychopath, which many experts agree is the same as sociopath — though the latter downplays the connotation of danger. In other words, "psycho" is a casual accusation, but true psychopaths represent a specific identity.

Diagnosis is difficult, let alone from afar. Forums are some of the few resources for victims, and are more about affirmation and support than clinical accuracy.

Therapist Willson sees the impact first-hand — it makes up a quarter of her practice. For many of her clients, mostly women, stumbling upon these sites is an entry point to healing.

"It's usually how they begin

to put it all together," Willson says. "There's a big a-ha."

When a victim addresses their suspicions, they may be accused of being crazy, jealous or sick, and start to doubt their own sanity, Willson says. The psychopath walks away with no remorse. Accepting that the love and flattery were part of a strategy to get sex, shelter, money or entertainment, can cause rage, distress and major self-doubt in victims.

The forums are useful, but only to a point, Willson says. Victims need to get out of their situation, not stay mired in it. In many cases, she says, they should seek one-on-one therapy to address self-esteem issues.

Sandra eventually took the advice of her anonymous online friends and refused all contact with her boyfriend. Her ex died in Toronto in late 2015, several months after she'd broken it off. She'll never know if he was truly a psychopath, had a few traits, or was just a really bad boyfriend.

But finding a forum to share her experience was life-changing, and she hopes others who feel trapped by a relationship with a psychopath realize they aren't isolated as they think.

"I hate social media. I can't stand it. This is the only website on the planet where I made an account and talked in the forums after lurking for a year," she says today. "I felt compelled to tell other women it was going to be OK."

*Sandra is a pseudonym, used to protect the identity of all involved.

TORSTAR NEWS SERVICE

HEALTH

Calls to raise awareness of transgender fertility options

Genna Buck
Metro Canada



Many trans people believe choosing to have surgery to affirm their gender means they have to give up the possibility of having biological children in the future.

But that's not necessarily true, and according to a new study conducted at three Toronto medical centres, many transgender patients aren't aware of their fertility options. The study surveyed 213 transgender adults, including 187 who have no chil-

dren. About half were assigned female at birth; half male.

Thirty per cent of respondents told researchers they didn't know their fertility options. Of those, 77 percent said they'd never even had a conversation about fertility with their doctor.

Infertility is a side effect of hormone therapy and many procedures that fall under the umbrella of gender affirmation surgery (sometimes also called sex reassignment surgery).

But preserving eggs or sperm before beginning treatment can help get around that problem.



For example, before having a hysterectomy a transgender man could have his eggs removed and frozen, and then later pursue a pregnancy with a fertile female partner or a surrogate.

Rachel Clark, a transgender

We have to do a better job making sure that people are aware of their reproductive options.

Rachel Clark

woman and LGBTQ rights activist living in Toronto, said the findings didn't surprise her.

"I was lucky enough to have a doctor who was experienced," she said. "And I came out much later in life. I already knew that

I wasn't having children."

"But if I'm a 20-year-old person (transitioning), I should be informed that it's going to have an effect on my reproductive organs, and that I can take steps to preserve fertility," she added.

She blames the problem on many doctors' lack of familiarity with transgender health issues.

"Now there are many doctors who can make decisions on trans health care, which is great," she said. "But people who are new might not know to ask about fertility. It's not that they're bad doctors, it's just that they don't

understand."

Finally, there's the issue of cost. Egg freezing, storage, and IVF can run into the tens of thousands of dollars, and transgender people are disproportionately poor. In Ontario, more than half of transgender people make less than \$15,000 per year. Participants in the new Toronto study named cost as their number one barrier to fertility options.

"We have to do a better job making sure that people are aware of their reproductive options," Clark said, "figuring out a way to alleviate the cost."

Genna Buck
Metro Canada

When Jody McLennan woke up to find her husband Oghenovo Awwunufe unconscious and unresponsive, she did the right thing. She called 911 and started CPR, giving chest compressions.

Tragically, it was too late. Awwunufe had passed away some time before, after taking cocaine that was likely laced with the deadly painkiller fentanyl.

The growing number of Canadians dying from opioids like heroin, oxycodone and fentanyl has spawned a debate about what specific first-aid advice and training are needed to address the crisis. Different organizations, such as the American Heart Association and the World Health Organization, have slightly different guidelines.

The whole issue of overdose first aid is fraught with emotion and surrounded by a great deal of misinformation and confusion — particularly when it comes to the relative merits of rescue breathing (commonly called "mouth-to-mouth") and chest compressions (a.k.a., CPR).

Metro spoke to three Canadian experts to clarify what you need to know if you're faced with someone who has overdosed and might die.

All three gave the same basic

How to act in an overdose emergency

Chest compressions or rescue breathing? Metro gets some expert insight about first aid responses

advice: If, after using drugs, someone passes out and can't be roused, call 911, do chest compressions, and give naloxone, a lifesaving over-the-counter drug that can reverse the effects of an opioid overdose.

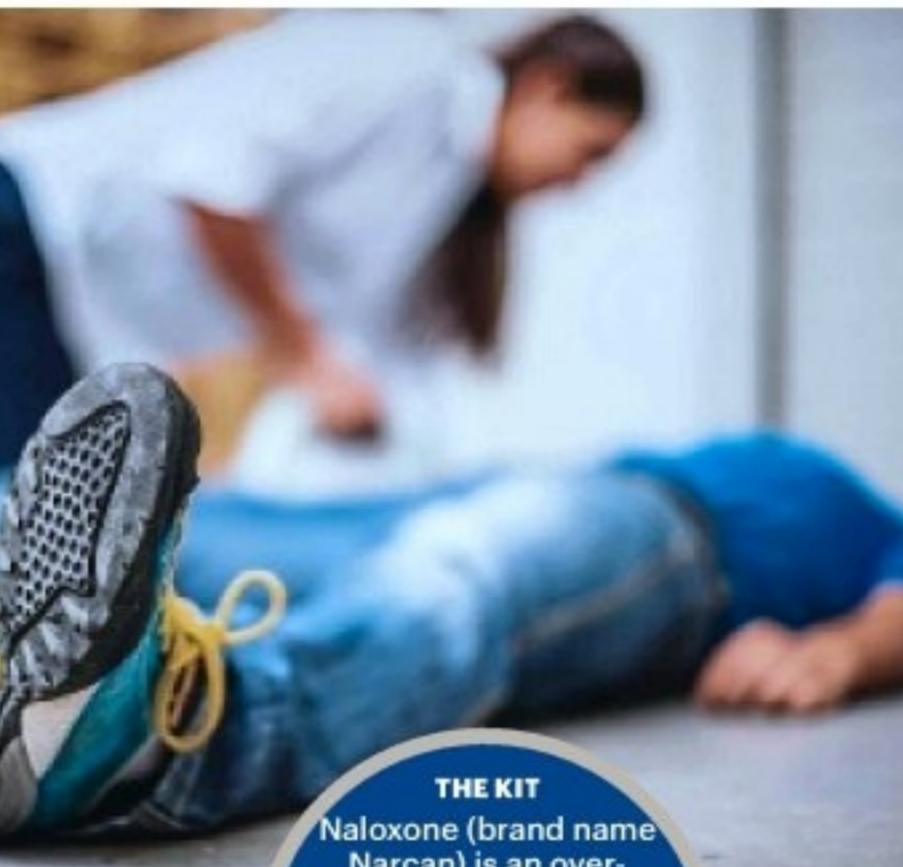
But they had slightly different opinions about mouth-to-mouth.

Since 2010, international and Canadian first-aid guidelines have recommended against the practice in most situations, favouring simplified, compressions-only CPR instead. Studies clearly show the simpler approach encour-

ages people to do CPR instead of doing nothing, and dramatically increases survival rates from cardiac arrest.

Christian Vaillancourt, Research Chair in Emergency Cardiac Resuscitation at the University of Ottawa, explained that because opioid sedation slows or stops breathing, "Initially, ventilations (rescue breaths) would represent a far more valuable intervention."

"That said," he continued, "Respiratory arrest will also ultimately lead to cardiac arrest,



THE KIT

Naloxone (brand name Narcan) is an over-the-counter drug sold as either an injection or nasal spray. It's an essential first aid kit item if you're ever around people who use street drugs.

she said if you have the training and can get over the "yucky" factor, you should go ahead and do rescue breathing.

Aaron Orkin, researcher at the Schwartz/Reisman Emergency Medicine Institute, said a key thing to understand is that most people who overdose aren't like Awwunufe, who was 25 and perfectly healthy. Chronic drug users are prone to chronic

in which case ventilations alone are certainly not optimal without chest compressions.

Chest compressions can also provide some movement of air in and out of the chest."

Michelle Welsford, Director of the Hamilton Health Sciences Centre for Paramedic Education and Research, also favours compression-only CPR, because it can be taught in seconds. But

What to do if someone ODs

Tips from ER doctor and first-aid researcher Aaron Orkin:

1 Call 911, no matter what is happening or who is there.

2 Check responsiveness: Shake the person and shout their name. They should show obvious signs of life. Gurgling or moaning noises do not count as responsiveness.

3 Give chest compressions if the person is unresponsive. Make sure they're lying down on a firm surface. Push hard and push fast in the centre of the chest.

4 Give naloxone (nasal spray or injection), following the directions in the kit.

5 Use an automated external defibrillator (AED) if there's one available. You don't need training to use an AED, and you can't do it wrong. The machine will tell you what to do and it will not go off if the person's heart is working properly.

health problems. Most people who die of overdose have more than one thing going on — like an infection, a heart condition, or other drugs in their system — not just the respiratory arrest brought on by the opioids.

And unless you're a medical professional, you can't diagnose them. So do what you know works: Chest compressions.

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We should only use sorry when it really counts. ISTOCK

Slow down on sorries

ADVICE

Unapologetic guide to cutting back on saying sorry so much

Sofi Papamarko
life@metronews.ca

My first sorry of the day was to my fellow TTC commuters. I squeezed my body onto a tightly packed bus because I was late, it was raining and there was no way I was waiting for the next one.

After that, I apologized to a barista for forcing her to break a \$20 for a cup of tea. Then, while browsing my favourite used bookstore after work, I bumped into the corner of a bookshelf... and promptly apologized.

I say "sorry" far too often, and often for no good reason. I started counting my sorries the other week and lost track at 47.

Excessive apologizing is a common trait of people-pleasers. It's also symptomatic of being a polite Canadian. Sorry is right up there with "about" and "eh?" as the most stereotypically Canadian of all verbal tics.

Sorry should not be used lightly. It is and should be a powerful word. It seeks to make reparations for pain caused. It expresses sympathy. It expresses empathy. For some, it is the most difficult phrase in the English language to utter. Others, like me, use it as liberally as punctuation.

Here are some scenarios where people might unnecessarily use the word "sorry".

Case 1 — You find a hair in your food at an upscale restaurant

Incorrect response: "Sorry! There's a hair in my soup. Maybe it's mine? It's probably mine. Sorry! Can I get another one? Sorry! Sorry! No, I'm sorry!"

Correct response: "Excuse me, there's a hair in my soup."

Case 2 — Somebody stands on your foot

Incorrect response: "Ouch! Oh! Sorry!"

Correct response: "You are standing on my foot."

Case 3 — You have to cancel plans with a friend because you've caught a cold

Incorrect response: "I am so sorry but I have to cancel our plans tonight! I have a cold. Sorry! Such bad timing, I know. Sorry! Sorry! Sorry! I'm the worst!"

Correct response: "I have a cold and have to cancel because I care about you and I don't want to get you sick."

Case 4 — Your husband impregnated your best friend

Incorrect response: "I suppose I have been a somewhat neglectful partner and friend lately, what with starting a new business and pursuing my dreams and all. Sorry!"

Correct response: "We are getting a divorce."

There are, of course, legitimate situations where you should say that you're sorry. When you have hurt someone. When someone you care about is hurting. When you regret doing or saying something (or not doing or not saying something) that has impacted another person's life.

Let's do our best to stop saying "sorry" unless it's called for and only use it when it counts.

TORSTAR NEWS SERVICE

STUDY

Canadian newborns are worst cry babies

Canadian newborns are among the fussiest, most colicky in the world.

That's according to a British study published Monday in the Journal of Pediatrics, which looks at prevalence rates of colic and the duration of fussiness and crying in infants during their first three months.

Researchers conducted a meta-analysis of existing research from North America, parts of Europe, Australia and Japan, focusing on

28 studies — including six from Canada — that included 8,690 healthy infants. They wanted to know what was normal when it came to babies and crying.

"We've got, for example, weight charts, so parents and pediatricians can plot down how a baby grows and know if it's in the normal range — and that's quite reassuring for parents," explained lead author Dieter Wolke, a psychology professor at the University of Warwick.

"But for crying, that didn't exist. It does now."

The study shows that around the one-month mark, Canadian babies fussed or cried for 150 minutes a day, compared with the overall average of 118 minutes. While changes in crying levels are part of a baby's normal biological adaptation, the paper speculates that genetics, economic conditions, caretaking practices and feeding type may play roles. TORSTAR NEWS SERVICE



While Canada topped the list, Danish babies cried the least. ISTOCK



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²On average, based on a comparison of 2016 Aeroplan flight reward bookings against actual market base fares and leading financial institutions' travel rewards programs' terms and conditions. ³Welcome Bonus of 15,000 Aeroplan Miles ("Welcome Bonus Miles") will be awarded to the Aeroplan Member account associated with the TD Aeroplan Visa Infinite Card Account ("Account") only after the first Purchase is made on the Account. To receive the additional 10,000 Aeroplan Miles, you must also: (a) apply for an Account between March 6, 2017, and June 14, 2017; (b) make \$1,000 in Purchases on your Account, including your first Purchase, within 90 days of Account approval. To receive the additional 5,000 Aeroplan Miles for adding an Authorized User to your Account ("Authorized User Bonus"), you must: (a) apply for an Account and add an Authorized User between March 6, 2017, and June 14, 2017; and (b) Authorized User must call and activate their Card by July 31, 2017. You can have a maximum of three (3) Authorized Users on your Account but you will only receive 1 (one) 5,000 Authorized User Bonus Aeroplan Miles offer. Annual Fee for each Authorized User Card added to the Account will apply. The Primary Cardholder is responsible for all charges to the Account, including those made by any Authorized User. If you have opened an Account in the last 6 months, you will not be eligible for these offers. We reserve the right to limit the number of Accounts opened by and the number of miles awarded to any one person. Your Account must be in good standing at the time bonus miles are awarded. Please allow 8 weeks after the conditions for each offer are fulfilled for the miles to be credited to your Aeroplan member account. Offers may be changed, withdrawn or extended at any time and cannot be combined with any other offer unless otherwise specified. These miles are not eligible for Aeroplan status. All trade-marks are property of their respective owners. ⁴The Air Canada maple leaf logo and Air Canada are registered trade-marks of Air Canada, used under license. ⁵The Aeroplan logo and Aeroplan are registered trade-marks of Aimia Canada Inc. ⁶The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

metro SPORTS

Ron Hextall has been named Canada's general manager for the upcoming world hockey championship



NHL rules out 2018 Olympics

HOCKEY

Falling out between league owners and IOC a huge factor

It appears the 2018 Winter Olympics will lack the star power of Sidney Crosby, Connor McDavid and Auston Matthews after the NHL announced Monday it will not interrupt next season to accommodate the Pyeongchang Games.

Instead, hockey will likely be represented on the global stage by many players with unrecognizable names — think Brad Schlegel, David Harlock and Dwayne Norris from Canada's silver-medal winning team at the 1994 Lillehammer Games.

"Disappointing news NHL won't be part of the Olympics 2018," New York Rangers goalie and two-time Olympian Henrik Lundqvist said on Twitter.

It was the hope of superstars like McDavid, Jonathan Toews and Alex Ovechkin that the NHL would come around to the big picture appeal of the 2018 Games, but the league never found the answer it was looking for. What exactly might have swayed their opinion toward letting players attend isn't clear. NHL owners never bought into the idea that halting the season



Gary Bettman GETTY IMAGES

I think they may have opened up a whole can of worms.
Gary Bettman on the IOC

for 17 days in February would benefit the league long term.

Their angst was most certainly sparked by the International Olympic Committee's insistence that out-of-pocket payments for players to attend in 2018 would no longer be covered.

"I think when the IOC said 'You know what, we don't think it's worth it we're not going to pay,' I think that may have opened a whole can of worms," NHL commissioner Gary Bettman said at one point in the process.

And from there, the owners dug in their heels and never

moved — even when the International Ice Hockey Federation found apparent money to cover costs like travel, accommodation and insurance.

But it was beyond just dollars and limited growth potential from South Korea. Owners were wary of the season disruption and impact of a compressed schedule, along with increased risk for player injury.

Bettman said in March that "there's somewhere between fatigue and negativity on the subject." In a statement announcing their decision, the NHL said "no meaningful dialogue has materialized," pointing fingers at both the IOC and NHL Players' Association.

The league revealed a relatively new position from the IOC, suggesting that participation at the 2022 Beijing Games hinged on participation in 2018 and adding that the NHLPA had demonstrated "no interest in any discussion that might make Olympic participation more attractive to the clubs."

What the players' association could have presented is unclear. Asked in late March how players would react if the NHL opted not to let them go to South Korea, NHLPA executive director Don Fehr said they wouldn't be happy.

Ovechkin has insisted that he'll attend in South Korea no matter what the NHL decided.

THE CANADIAN PRESS



Russia goalie Maria Sorokina stops a shot by Canada's Natalie Spooner on Monday in Plymouth, Mich. CARLOS OSORIO/THE CANADIAN PRESS

WORLD CHAMPIONSHIP

Canada routs Russia to bounce back

MONDAY in Michigan

8 **0**
CANADA RUSSIA

Jennifer Wakefield scored twice and had an assist to lead Canada to a 8-0 win over Russia at the women's world hockey championship Monday.

The Canadians concluded their preliminary round in Pool A with a 1-2 record. They awaited the result of a later game between the United States (2-0) and Finland (1-1) to know their playoff path.

Emily Clark, Natalie Spooner, Erin Ambrose, Brianne Jenner, Meghan Agosta and Sarah Potomak also scored for Canada. Canadian starter Shannon Szabados made 17 saves for the shutout in her second start of the tournament.

Russia's Maria Sorokina al-

lowed six goals on 35 shots before she was replaced by Nadezhda Alexandrova in the third period. Alexandrova then turned away four of six shots for the Russians (0-3).

While the Canadians were favoured — Russia has never beaten them in women's hockey — it was a win they needed to regain confidence after back-to-back losses to open the tournament.

Canada scored more goals

than their first two games combined, including four power-play goals, and killed off a Russian two-man advantage early in the second.

The top two teams in Pool A get a bye to Thursday's semi-finals. The bottom two drop to Tuesday's quarter-finals against the top two seeds from Pool B.

The Canadians did their part to stay in contention for the bye. Beating Russia by two-plus goals gave Canada the best goal differential if the day ended with three teams tied for second in Pool A at 1-2.

THE CANADIAN PRESS

For the result of Finland-USA visit [metronews.ca](#)

MLB

Toronto edged by O's in opener

MONDAY in Baltimore

3 **2**
ORIOLES BLUEJAYS

Mark Trumbo homered with two outs in the 11th inning, and the Baltimore Orioles beat the Toronto Blue Jays 3-2 Monday for their seventh straight opening-day victory.

Trumbo connected off Jason Grilli (0-1) on a 1-2 slider. When he reached the plate, the reigning major league home run king was drenched in water by teammates and cheered heartily by those remaining from a sellout crowd of 45,667.

The game was rematch of last year's AL wild card playoff, won by Toronto 5-2 on an 11th-

inning home run by Edwin Encarnacion. Though Encarnacion is now with Cleveland, the Blue Jays and Orioles haven't changed much tying for second in the AL East at 89-73.

The 25th opening day at Camden Yards produced a dramatic contest that began in the

late afternoon and ended at dusk. Tyler Wilson (1-0), the fourth Baltimore reliever, pitched one shutout inning.

Booed from introductions to his final at-bat, Toronto's Jose Bautista went 0 for 5 with a walk.

Starting on opening day for the first time, Baltimore's Kevin Gausman gave up two runs and five hits in 5 1/3 innings. Toronto right-hander Marco Estrada also received his first opening day start. The 10-year veteran allowed two runs over six innings and retired his last 10 batters.

THE ASSOCIATED PRESS

IN BRIEF

Red Sox push Pirates aside

Rookie Andrew Benintendi hit a three-run homer that capped a five-run fifth inning, and the Boston Red Sox began their post-David Ortiz era by beating the Pittsburgh Pirates 5-3 in Monday's opener.

Reigning AL Cy Young Award winner Rick Porcello (1-0) gave up three runs and six hits in 6 1/3 innings while striking out five. Craig Kimbrel retired Starling Marte on a game-ending popup with two on for the save. THE ASSOCIATED PRESS

Gushue still perfect at worlds

Canada's Brad Gushue defeated Scotland's David Murdoch 8-2 on Monday to keep his unbeaten record intact at the Ford World Men's Curling Championship.

The St. John's skip was in control from the start in the afternoon matchup at the Northlands Coliseum to improve to 4-0.

Gushue opened with a deuce and forced Murdoch to draw for one against three Canadian stones in the second end.

THE CANADIAN PRESS



It's the most harrowing 10 to 15 minutes of the year.

Peter Radovich, creative director for CBS Sports, on piecing together the One Shining Moment montage after the NCAA men's final.

Go to [metronews.ca](#) for results from Monday's game.

MAKE IT TODAY

Tasty Broccoli Cheese Patties

PHOTO: MARY VISEVET

Ceri Marsh & Laura Keogh
For Metro Canada

Lunch doesn't always need to be a sandwich — change things up with these satisfying, healthy patties.

Ready in 35 minutes

Prep time: 10 minutes
Cook time: 25 minutes
Serves 6

Ingredients

- 1 Tbsp olive oil
- 1/2 onion, minced
- 2 cloves garlic, minced
- 4 cups broccoli, chopped finely
- 3/4 cup panko
- 2 eggs
- 1/2 cup grated cheddar
- 1/3 cup grated Parmesan

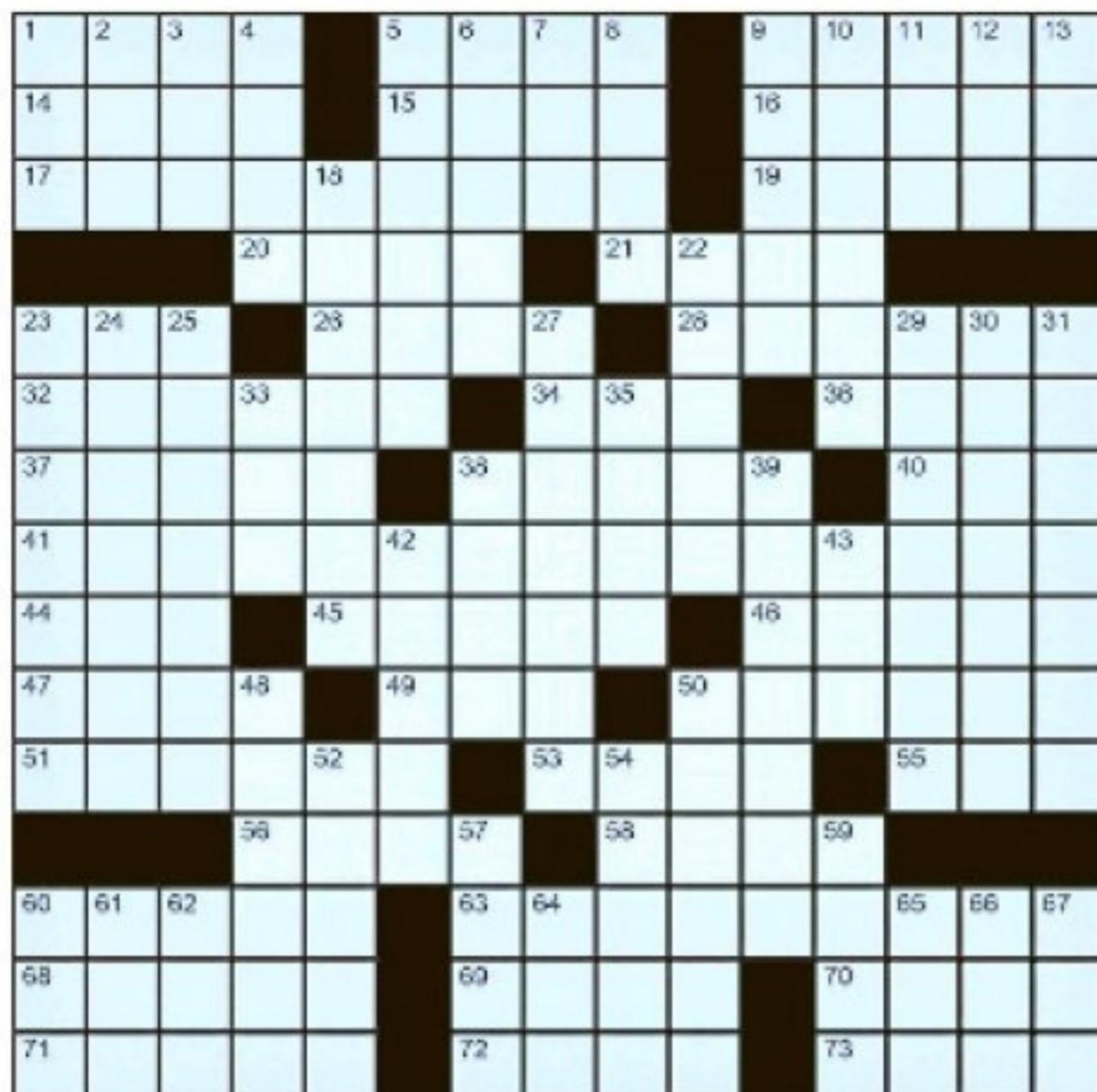
Directions

1. Preheat oven to 400 degrees.
2. Sauté onions and garlic in olive oil over medium heat until they begin to soften. Add broccoli and allow to begin to soften, 3 minutes. Remove from the heat. Line a baking sheet with parchment paper and set aside.
3. In large bowl, whisk eggs. Now add panko, cheddar and Parm and mix. Add the broccoli mixture and combine thoroughly.
4. Use your hands to form even patties and place on a lined baking sheet and pop into the hot oven. After 15 minutes, use a spatula to flip the patties. Bake another 10 minutes and they're done.

FOR MORE MEAL IDEAS, VISIT
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

**ACROSS**

1. Use a car lot
5. Lacking
9. Accord
14. Mr. Alda
15. Boast
16. Dressed to the —
17. Last queen of the Ptolemaic Kingdom in ancient Egypt
19. Beatles: " — Your Name"
20. Island of Indonesia
21. Catherine of "The Dukes of Hazzard"
23. Initials-sharers of Gisele Bundchen's quarterback hubby
26. The Bee —
28. Thingamabob
32. Canadian singer Mr. Maida's
34. Mr. Robbins
36. — Strauss & Co.
37. "Is that coffee —?" (What's in that pot?)
38. Of prophets
40. Fall from grace
41. Cooking show on Gusto featuring meatless recipes, with The: 2 wds.
44. Ms. Zadora
45. Carved pole of symbolism
46. La Route — (Quebec bike paths network)
47. Envelope insertion [abbr.]
49. 'Super' suffix
50. Shooting star
51. Very nice: 2 wds.
53. Pet shelter org.
55. Hosp. units
56. Workshop gripper
58. Grand Ole —
60. Eyeball attach-

ment, — nerve
63. Plates dryer:
2 wds.
68. Filmdom's Mr.
Langella
51. Very nice: 2 wds.
53. Pet shelter org.
55. Hosp. units
56. Workshop gripper
58. Grand Ole —
60. Eyeball attach-

73. Whiskey grains
DOWN
1. —Man
2. Entirely
3. Ms. Dawn Chong
70. Constellation, — Major
71. Salad graspers
72. NASDAQ rival

Mr. Shaw
7. Swed. neighbour
8. Take a DNA sample
9. 2017 is the 100th anniversary of this Canadian food company (since 1917)
10. Canadian marketing trailblazer who famously
promoted President's Choice products, Dave (b.1940 - d.2013)

61. For
62. Neutral tone
64. 'Acid' suffix
65. Sarcastic
66. 'Computer' suffix (Techie jargon)
67. — Palmas, Spain
68. — Show of Shows" ('50s variety TV series)
60. Poet's frequently'
69. — hurry
12. — Aviv, Israel
13. Fashion monogram
18. The winner of one gets a tiara
22. Allow into

***IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be patient with family members early this morning. Fortunately, as the day wears on, you encounter fun times, and possibly even romance!

Taurus April 21 - May 21
Be careful this morning, because this is an accident-prone time for you. Be patient and diplomatic with others. Later in the day, relationships with family members are warm and loving.

Gemini May 22 - June 21
Early in the morning, guard your possessions and cash to prevent loss, theft or breakage. However, the rest of the day is upbeat and fun!

Cancer June 22 - July 23
Something unexpected will affect your world early in the morning. Small appliances might break down — or perhaps you are simply out of coffee? Look for ways to boost your income later today.

Leo July 24 - Aug. 23
Something might upset you in the early morning. Fortunately, it is quickly gone. Later today, you will love to travel and explore new places and learn new things.

Virgo Aug. 24 - Sept. 23
A discussion with a female friend might upset you this morning. Don't let this get you down, because the rest of the day is quite pleasant. It happens.

Libra Sept. 24 - Oct. 23
You might have difficulty with parents or bosses early this morning. Not to worry, because a good friend will help you enjoy the rest of the day.

Scorpio Oct. 24 - Nov. 22
Travel plans or perhaps school plans will be interrupted this morning. You will have to make adjustments — this is a certainty. An authority figure will help you later in the day.

Sagittarius Nov. 23 - Dec. 21
Double-check banking details and anything to do with shared property early this morning. Something unexpected might occur. Later in the day, travel appeals.

Capricorn Dec. 22 - Jan. 20
Arguments with partners and close friends are likely in the early morning. As the day wears on, you feel better and better. In fact, you might get a gift or a favor from someone.

Aquarius Jan. 21 - Feb. 19
Your work routine will be interrupted in the morning. Something might be canceled or broken. Relationships with others will smooth the way for you later in the day.

Pisces Feb. 20 - March 20
This morning is an accident-prone time for kids, so be extra vigilant. Likewise, romantic partners might quarrel. Ironically, all is well later in the day.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

							8	3	1
							6		9
8							7		
							4		8 3
							5	8	9 2 7
4	8						6		
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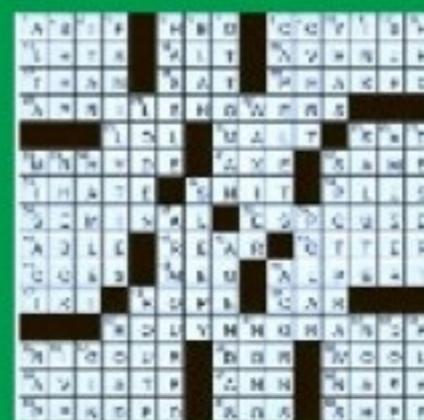
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>>>

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



6	3	2	7	8	4	1	9	5
4	8	1	2	9	5	6	7	3
9	7	5	6	3	1	4	2	8
7	1	6	8	5	3	9	4	2
5	4	3	9	6	2	7	8	1
2	9	8	4	1	7	5	3	6
3	6	9	5	4	8	2	1	7
8	2	4	1	7	6	3	5	9
1	5	7	3	2	9	8	6	4

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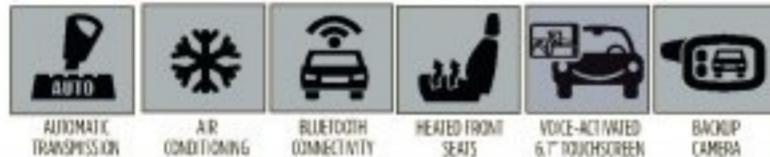


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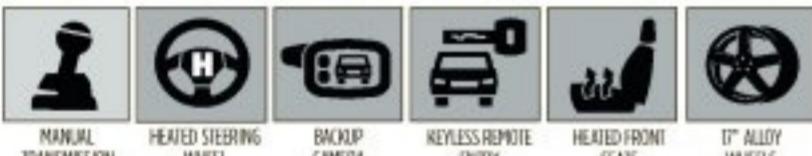


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